

**Sports Medicine 1 & 2**  
**Scope & Sequence: Year 1**

Semester 1		Semester 2	
Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>Standards: 10.6, 1.1, 1.2, 1.3, 6.1, 10.1, 8.4, 6.7, 6.8, Professional Standards: 2a-2b; 3a-3e; 4a-4f; 5a-5c</p> <p><u>Unit 1</u> <b>Professional Aspects of Sports Medicine</b></p> <ul style="list-style-type: none"> <li>Evaluate methods to protect patient rights.</li> <li>Learn medical terminology</li> <li>Describe medical documentation (SOAP, HIPS).</li> <li>Describe proper use of RICE/PRICE.</li> <li>Identify phases of healing.</li> <li>Identify primary and secondary injuries.</li> </ul> <p><b>*SP/2 Completion</b></p> <p>Standards: 3.4, 4.1, 4.2, 5.1-5.4, 5.6-5.8, 5.11, 7.1, 7.3 Professional Standards: 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a,8h,8i</p> <p><u>Unit 2</u> <b>Providing Emergency Care</b></p> <ul style="list-style-type: none"> <li>Use of Universal precautions.</li> <li>Describe maintaining a sanitary treatment area.</li> <li>Assess Vital signs, recognize sudden illnesses heat illness.</li> <li>Proper hydration methods.</li> <li>Demonstrate proper wound care.</li> </ul>	<p>Standards: 2.2, 2.3; 6.3; 7.2 Professional Standards: 1a, 1c, 1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 3</u> <b>Understanding Athletic Injuries to Axial Region</b></p> <ul style="list-style-type: none"> <li>Explain the structure of the muscular/skeletal system.</li> <li>Analyze the different types of joints.</li> <li>Understand the etiology, signs/symptom of injuries to axial regions.</li> <li>Conditions /contraindications and safety precautions in strength and conditioning.</li> </ul> <p>Standards: 6.5; 7.4, 7.5 Professional Standards: 1a, 1c, 1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i, 8d, 8f, 8b</p> <p><u>Unit 4</u> <b>Lower Leg Injuries and Anatomy</b></p> <ul style="list-style-type: none"> <li>Understand the etiology, signs, symptoms of the foot and ankle.</li> <li>Understand the etiology, signs, symptoms of tibia and fibula.</li> <li>Understand the etiology, signs, symptoms of patella and knee.</li> </ul>	<p>Standards: 2.1, 2.4, 6.4, 6.6. Professional Standards: 1b, 1c, 1a, 1c.1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 5</u> <b>Understanding Body Systems and Human Anatomy</b></p> <ul style="list-style-type: none"> <li>Examine the structure and function of cardiopulmonary system.</li> <li>Examine the structure and function of the neurological system.</li> <li>Understand the etiology, signs and symptoms of upper body injuries.</li> <li>Identify common special test for to evaluate injuries.</li> </ul> <p>Standards:7.6; 8.2, 8.3; 9.3 Professional Standards: 1a,1c.1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 6</u> <b>Rehabilitation of Athletic Injuries</b></p> <ul style="list-style-type: none"> <li>Explain indications and contraindications of using devices such as orthotics, crutches and protective equipment.</li> </ul>	<p>Standards:3.7; 5.5; 8.1 Professional Standards: 1a, 1c, 1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 7</u> <b>Therapeutic Interventions</b></p> <ul style="list-style-type: none"> <li>Explain treatment expectations and physiological changes for injuries.</li> <li>Demonstrate common taping techniques.</li> <li>Explain general strength and conditioning techniques and how they apply to therapeutic interventions.</li> </ul> <p>Standards:3.1, 3.2, 3.5, 3.6; 10.2-10.5 Professional Standards: 7a-7c, 8e, 9a-9c,</p> <p><u>Unit 8</u> <b>Other Athletic Conditions and Concerns</b></p> <ul style="list-style-type: none"> <li>Describe nutritional concepts.</li> <li>Calculate and analyze caloric intake for athletes.</li> <li>Interpret test to determine fitness level.</li> <li>Evaluate dietary supplements.</li> <li>Understand basic terminology for health insurances.</li> <li>Understand inventory and supplies.</li> </ul>

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<ul style="list-style-type: none"> <li>Describe common open and closed wound such as punctures, lacerations and contusions.</li> <li>Supplies of First AID kits, applying material.</li> <li>Difference between isotonic, isometric, and isokinetic.</li> <li>Describe different types of stretching/ballistic/dynamic/static.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the etiology, signs, symptoms of thigh, hip and pelvis.</li> <li>Explain the strength, mobility and balance as related to performance and injury prevention.</li> <li>Explain indications and contraindications of proper fitting of devices for mobility, transfers etc.</li> </ul>	<ul style="list-style-type: none"> <li>Recognize traditional and non-traditional approaches to pain management.</li> <li>Explain motivational techniques for physical conditioning and rehabilitation (goal setting).</li> <li>Describe proper rehabilitation progression.</li> </ul>	<ul style="list-style-type: none"> <li>Utilize professional resources such CDC.</li> <li>Assess the benefits of active involvement in local, state and national organizations.</li> </ul>